'The parable of the believers in their affection, mercy, and compassion for each other is that of a body.
When any limb aches, the whole body reacts with sleeplessness and fever.'

How did I help the Ummah today?

Guard my 5 daily prayers

Make dua

Give sadaqah

Keep the boycott

Recite Istighfar

Eat healthy and exercise

Educate my friends & family

Strive to be a stronger Muslim

M	T	W	T	F	S	S

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